

IN THE CLAIMS:

5. (currently amended) A sealing and guiding arrangement for passage of a piston rod in a two-cylinder dashpot or a two-cylinder ~~spring-telescoping~~ leg and for sealing and guiding said piston rod when traveling into and out of the dashpot, comprising: at least one seal for sealing the interior of the dashpot from the outside; at least one radial guide for the piston rod; said two-cylinder dashpot having an inner cylinder and an outer cylinder; a gas chamber between said outer cylinder and said inner cylinder; a gas channel extending between said radial guide and said gas chamber; a check valve in said gas channel in upstream of said gas chamber and formed as a lipped seal comprising a flow-through ~~diaphragm~~ recess, said lipped seal having a sealing lip on an elastically-tensioned circular ring with substantially circular-shaped cross-section, said ~~diaphragm~~ recess being formed ~~of at least one recess~~ in a sealing seat under said circular ring.

6. (currently amended) The arrangement as defined in claim 5, wherein said sealing lip rests against a conical surface of ~~a groove~~ said recess holding said seal.

7. (previously presented) The arrangement as defined in claim 5, including a bushing mounted on an inner surface of said ring for radially securing said piston rod.

8. (currently amended) The arrangement as defined in claim 7, wherein said lip rests against a conical surface and forms ~~a~~ said valve with said conical surface for preventing gas in said gas chamber from penetrating between said bushing and the seal

9. (previously presented) The arrangement as defined in claim 5, including an auxiliary seal for sealing said sealing and guiding arrangement from said outer cylinder.

10. (previously presented) The arrangement as defined in claim 5, wherein said gas chamber is located at top of a gap between said outer cylinder and said inner cylinder.

11. (currently amended) A sealing and guiding arrangement for passage of a piston rod in a two-cylinder dashpot or a two-cylinder ~~spring-telescoping~~ leg and for sealing and guiding said piston rod when traveling into and out of the dashpot, comprising: at least one seal for sealing the interior of the dashpot from the outside; at least one radial guide for the piston rod; said two-cylinder dashpot having an inner cylinder and an outer cylinder; a gas chamber between said outer cylinder and said inner cylinder; a gas channel extending between said radial guide and said gas chamber; a check valve in said gas channel in upstream of said gas chamber and formed as a lipped seal comprising a flow-through ~~diaphragm~~ recess, said lipped seal having a sealing lip on an elastically-tensioned circular ring with substantially circular-shaped cross-section, said ~~diaphragm~~ recess being formed ~~of at least one recess~~ in a sealing seat under said circular ring; said sealing lip resting against a conical surface of ~~a groove~~ said recess holding said seal; ~~at a~~ bushing mounted on an inner surface of said ring for radially securing said piston rod; said lip forming ~~a~~ said valve with said conical surface for preventing gas in said gas chamber from penetrating between said bushing and the seal; an auxiliary seal for sealing said sealing and guiding arrangement from said outer